



A publication dedicated to health, plan benefits and agency news.

INSIDE THIS ISSUE

Board Members	2
Executive Staff	2
Board Meetings	2
Obesity Care Management	2 - 3
Health Plan of Nevada	4
Hometown Health	5
Savvy Consumer Tips: PPO Prescription Drugs	6
Plan Contacts	6

POINTS TO REMEMBER

Contact PEBP if you are ...

- Retiring
- Having a new baby
- Getting married
- Moving

775-684-7000 or
800-326-5496,
E-mail
mservices@peb.state.nv.us

Applying for disability retirement?
You may also qualify for long-term disability benefits through The Standard. For information, please call The Standard at 888-288-1270

CD PPO HDHP - Diabetes Care Management

If you have diabetes, you know this is a serious lifelong condition that touches **almost every aspect of a person's life**. Having uncontrolled glucose levels over time can affect your eyes, heart, kidneys, nerves, and feet. Whether you have Type 1 or Type 2 diabetes, it is important to have a qualified healthcare team (doctor, pharmacist, registered dietitian, health coach/diabetes educator, podiatrist, and other medical providers) to help you manage your health.

Although you could be doing fine in some areas, you may need help in others. This is where your healthcare team can help. They can assess your current treatment plan and work with you to overcome any barriers you might be experiencing. They also can help you stay motivated and on path to meet your health goals.

PPO Diabetes Care Management

The *Diabetes Care Management Program* (for PPO participants, covered spouses/domestic partners with diabetes) provides you with your own personal RN Health Coach who will work with you by phone on things such as your medications, health questions, blood glucose monitoring, foot and eye care, and other ways you can effectively manage your health.

Effective January 1, 2012, to qualify for expanded benefits from this program, you must be *actively engaged* and consistently doing the following:

- Performing daily monitoring/journaling of blood glucose levels; reporting results to your physician and Health Coach; and

- Carrying a diabetes alert identifier in the event of an emergency; and
- Taking *prescribed* medications and/or daily aspirin therapy as recommended by your physician.

Expanded Benefits

You may receive the following *in-network* benefit enhancements without having to meet your deductible or coinsurance *if* U.S. Preventive Medicine determines you are actively engaged in the Diabetes Care Management Program:

- **Annually, receive two physician's office visits** (with a primary diagnosis of diabetes) and two routine laboratory blood tests (e.g. hemoglobin (A1c) test) paid at 100%.
- Pay flat copayments for diabetes-related medications such as insulin or Metformin.

Retail Prescription Drugs - 30 Day Supply

• Generic: \$5 copay

• Preferred Brand: \$25 copay

Mail order Prescription Drugs - 90 Day Supply

• Generic: \$15 copay

• Preferred Brand: \$75 copay

Note: Benefit enhancements will not apply for Non-Preferred Brand medications.

Diabetic Supplies
Receive valuable savings on diabetes supplies such as alcohol pads, test strips, syringes, lancets, etc. Purchase each 90-day supply item for a \$50 copayment (or less if the actual cost is less). Supplies must be coordinated through Catalyst Rx and their vendor partner Liberty.

Children Diagnosed with Diabetes

Children with diabetes will be eligible for the Diabetes Care management Program effective July 1, 2012. More details regarding the program for children will be available this spring.

Winter 2012

Public Employees' Benefits Program

901 South Stewart Street, Suite 1001, Carson City, NV 89701

775-684-7000 or 800-326-5496 Email: mservices@peb.state.nv.us www.pebp.state.nv.us

CD PPO HDHP - Obesity Care Management

BOARD MEMBERS

Leo Drozdoff

Chairman

Jacque Ewing-Taylor

Vice-Chair

George Campbell

Jeffrey Garofalo

Dawn Stout

Julia Teska

Robert T. Moore

Vacant

Vacant

EXECUTIVE STAFF

James R. Wells

Executive Officer

Kateri Cavin

Operations Officer

Vicki Smerdon

Executive Assistant

Donna Lopez

Quality Control Officer

Roger Rahming

Chief Financial Officer

Chris DeSocio

Chief Information

Technology Officer

Nancy Spinelli

*Public Information
Officer*

BOARD MEETINGS

March 14, 2012

9:00 a.m.

Tentative location:

Legislative Building

401 S. Carson Street

Room 1214, Carson City

Video-conference:

Grant Sawyer Bldg.

555 E. Washington Ave.

Room 4412

Las Vegas

To confirm meeting

date/time or for future

meetings, please visit:

www.pebp.state.nv.us

Being overweight or obese increases the risk of long-term health problems that could shorten your life. Preventing serious illnesses such as diabetes and cardiovascular disease is often the main reason why people try to lose weight if they are obese.

Treatment of overweight and obese individuals requires a comprehensive approach involving diet and nutrition, regular physical activity, and behavioral changes with an emphasis on long-term weight management. As with any weight loss program, it is important to speak with your weight loss medical provider to review weight loss options, challenges and any changes you may need to make based upon your fitness level, as well as any health problems you may have.

PPO Obesity Care Management

Beginning, July 1, 2012, PPO participants who meet certain eligibility requirements will have **the opportunity to join PEBP's Obesity Care Management Program** as described below.

Eligibility

This program will be monitored by PEBP's wellness vendor, U.S. Preventive Medicine (USPM), and PEBP's claims administrator, HealthSCOPE Benefits. It will be offered to CD PPO HDHP adult participants including their covered spouse or domestic partner (criteria for children is described at the end of this section), who have a Body Mass Index (BMI) greater than 30 kg/m², *with or without* any co-morbid conditions present, or a BMI greater than 25 kg/m² (or waist circumference that is greater than 35 inches in women or 40 inches in men), and if *one or more* of the following co-morbid conditions are present:

1. Coronary artery disease;
2. Diabetes type 2;
3. Hypertension (systolic blood pressure greater than or equal to 140 mm Hg or diastolic greater than or equal to 90 mm Hg on more than one occasion);
4. Obesity-hypoventilation syndrome;
5. Obstructive sleep apnea; or

6. Cholesterol and fat levels measured (Dyslipidemia):

- a. HDL cholesterol less than 35 mg/dL; or
- b. LDL cholesterol greater than or equal to 400 mg/dL; or
- c. Serum triglyceride levels greater than or equal to 400 mg/dL.

Children ages 2 to 18 years must have a BMI \geq 85th percentile for his or her age and gender. In addition, services must be rendered by an in-network provider who specializes in childhood obesity.

You will be required to participate in the Live Well, Be Well Prevention Plan, including completion of the Health Risk Appraisal and biometric screening. In addition, you will be required to have regular office visits with a weight loss medical provider (frequency determined by the provider) and adhere to **the provider's treatment plan. You must** demonstrate a consistent commitment to weight loss, including, but not limited to, routine exercise, proper nutrition and diet, and pharmacotherapy (if prescribed).

Actively Engaged

Benefit enhancements associated with the Obesity Care Management program will only apply to those who demonstrate a consistent commitment to weight loss self-engagement and remain actively engaged in the program.

If USPM or HealthSCOPE Benefits determines you to be *actively engaged*, you will receive expanded weight loss benefits paid at 100% and the cost will not be subject to deductible or coinsurance (exceptions will apply to pharmacotherapy and meal replacements).

Note: If you meet the eligibility requirements to participate, and USPM or HealthSCOPE Benefits determines you are *not* actively engaged, you will lose the benefit enhancements on the first of the month following determination notification from USPM or HealthSCOPE Benefits that you are not actively engaged.

CD PPO HDHP - Obesity Care Management

For participants who do not meet the eligibility criteria to participate in the program:

- Benefits will be denied and the participant will be responsible for 100% of the cost for any service, treatment or supply that is not determined to be a covered benefit.

Engagement Monitoring

HealthSCOPE Benefits will monitor the weight loss **progress on a patient's behalf through monthly** reports from the weight loss medical providers. The progress reports will include information such as treatment plan, exercise regimen, and weight loss goals.

Meal Replacement Therapy

Benefits for meal replacement therapy (when prescribed and dispensed by a weight loss provider) for individuals who are diagnosed as morbidly obese as follows:

- Meal replacements reimbursed at 50% of cost, up to a maximum reimbursement of \$50 per month (cost will not apply to deductible or out-of-pocket maximum); and
- The patient will be required to pay for their meal replacements and request reimbursement from the PPO High Deductible Health Plan. Reimbursement will only be approved if the **patient is considered "actively engaged" in each** of the *three* months following the month the expense is incurred.

Pharmacotherapy

The benefit enhancements for the Obesity Care Management program will include certain benefits for weight loss medications when prescribed by a physician for eligible individuals as follows:*

Retail 30-day supply (90 day supply of Tier 1 and Tier 2 medications equal to three copayments)

- Generic: \$5 copay
- Preferred Brand: \$25 copay
- Non-Preferred Brand - not covered

*FDA approved pharmacotherapy for weight loss will be covered by the PPO High Deductible Health Plan when prescribed by a medical weight loss provider for patients who meet the eligibility criteria and are actively engaged in the Obesity Care Management program.

Nutritional Counseling

Nutritional counseling is an important assessment of various health needs in regards to diet and exercise. Nutritional counseling services provide you with dietary and exercise information that will assist you with making lifestyle changes to improve your health.

A nutritional counselor can help you set achievable goals and teach you ways to maintain those healthy lifestyle goals.

Effective July 1, 2012, participants who are *actively engaged* in the Obesity Care Management Program *and* the Live Well, Be Well Prevention Plan as determined by USPM and HealthSCOPE Benefits, will be eligible for additional nutritional counseling visits (in excess of the three (3) visit limit per plan year) paid at 100% (no deductible or coinsurance) when counseling services are provided by an in-network, registered, licensed dietician.

Additional details regarding the Obesity Care Management Program will be available in the Plan Year 2013 Master Plan Document available July 1, 2012.

Health Matters

Newsletter Distribution

Future *Health Matters* newsletters will be distributed by email. If you are a retiree and wish to receive the newsletter through the U.S. Postal Service, please submit your request to mervices@peb.state.nv.us or call 775-684-7000 or 800-326-5496.



HEALTH PLAN OF NEVADA

A UnitedHealthcare Company

Health Plan of Nevada is pleased to offer the Health Management Program to PEBP participants in Southern Nevada who are also HPN members. This program is designed to help you reach your long-term health goals by assisting you with your health care needs.

Program Highlights

As a member of the Health Management Program, you will receive information in the mail about key health care topics to assist you with managing your health. Some examples of what you will receive are:

- Reminders to get flu shots, eye exams for diabetes
- Brochures about how to take your medicine, tips for exercising, keeping a healthy diet, and how to quit smoking.
- Invitations to join the Health Education and Wellness classes
- Your Own Personal Health Coach

Registered Nurse Health Coaches will work with you by phone to assist you with taking charge of your health. A registered nurse will call you every 60 to 90 days to:

- Teach you about managing your health and talk with you about your medications.
- Answer your health questions.
- Remind you to get the tests and exams you need.

Health Education and Wellness Programs

The Health Education & Wellness (HEW) Division offers classes and one-on-one consultations at no charge on a variety of health education topics.

Diabetes—The Balance Act

The art of balance is control; the key to control is knowledge. The balancing act is designed to provide you with basic knowledge of preventive care; healthy food and activity choices; blood glucose monitoring; foot and eye care; stress management techniques and other effective ways to manage your diabetes.

Weight Management—LEAN on ME

Find the motivation to lose weight and keep it off. Develop a personal plan to make positive changes in your eating and exercise habits to achieve healthy and permanent weight loss. Identify your environmental and emotional triggers in order to take control of your habits and improve your self-esteem.

Weight Management Support Group — Weight Matters

Weight Matters is a 12-week weight management support group. The group focuses on a combination of nutrition and fitness, while incorporating a positive learning environment. You will learn behavioral modification and life skills to promote a high quality of life.

For information about the Health Management program, please call the Health Education and Wellness Division at (702) 877-5356 or (800) 720-7253.

Who Can Join the Program?

Members with one or more of the health problems below can join the program:

- Adults and children with Asthma
- Adults who have Chronic Obstructive Pulmonary Disease, Lung Disease or Emphysema
- Adults with Diabetes
- Adults who have High Blood Pressure
- Adults with Coronary Artery Disease
- Adults with Heart Failure

MyHEWOnline

HPN participants have access to *Online Learning Modules*, a computer-based, step-by-step program to help manage your health concerns. Online Modules include, but are not limited to:

- Living with diabetes
- Keeping your heart healthy
- Taking care of yourself—preventive healthcare
- Kick the habit—stop smoking
- Meeting your weight loss goals



My Healthy Tracks Program

Hometown Health Plan offers an online wellness program called [*My Healthy Tracks Program*](#) to PEBP participants in Northern Nevada who are also HHP primary members (at this time is it not offered to covered dependents). This program gives participants access to a broad range of wellness information and interactive tools that you can use to improve your health.

The program offers a variety of online, six-week healthy living programs, quarterly health challenges, monthly health and wellness seminars, and a health risk assessment. It also includes an incentive point tracker, daily health and wellness articles and resources on:

- Fitness and sports
- Food and nutrition
- Medical resources
- Healthy living

Disease Management

Living life fully can be difficult in the face of chronic conditions. Health Management Services, a part of Renown Health, helps people facing health challenges lead healthier lives.

Renown Health's professional team partners with primary care physicians to provide programs that help each person manage his or her condition. To take advantage of these programs, participants may refer themselves or be referred by a primary care physician.

An evaluation of specific conditions, education, and, when necessary, a disease management plan will be tailored to each person. The following are some of the programs offered to HHP members:

Diabetes Programs

- Diabetes Clinic (physician managed)
- Type 1: Self-Management Program

- Type 2: Self-Management Program (physician managed)
- Type 2: Survival Skills Training
- Gestational Diabetes Training

Lung Programs

- Asthma Clinics, Adult and Children (physician managed)
- Quit Tobacco Program
- Pulmonary Rehabilitation
- Pediatric Lung Function Testing

Weight Management Program

- Women's Heart Program
- Programs for those with heart conditions

Nutrition/Weight Management

- Nutrition Counseling (non-diabetes)
- Weight Management Program

For information about the My Healthy Tracks Program, please call Hometown Health Plan at 775-982-3232 or 800-336-0123.

Health Hotline

Health Hotline is the place to turn when you have a medical question. Do you need to go to the emergency room? Should you go to an urgent care center, or can you wait to see your doctor?

Health Hotline is staffed seven days a week from 6AM through Midnight (12AM) by registered nurses licensed in Nevada and California. They will help you determine the appropriate level of care for your condition.

Call Health Hotline when you are not sure if you need medical care from your doctor, urgent care, emergency room, or you have questions about how to care for a minor injury or illness. 775-982-5757 or 888-324-3243.



901 S. Stewart Street, Suite 1001
Carson City, NV 89701

We're in it together

***\$avvy
Consumer
Tips***

PPO Prescription Drug Plan

1. Compare prices on prescription drugs *before* you make your purchase by using the [Catalyst Rx Price and Save Tool](#).
2. Did you know maintenance medication costs can vary between RETAIL-90 DAY and MAIL ORDER-90 DAY supply? If you are purchasing a 90-day supply of a generic maintenance medication, compare the cost of Retail-90 verses Mail Order-90 (**Walgreen's**), *before* you buy your medication. Depending on the Generic medication, you may pay significantly less at Retail-90.



To learn more about the Catalyst Rx Price and Save Tool, visit www.catalystrx.com

Plan Contacts

Description	Administrator	Phone	Website
Enrollment and Eligibility	Public Employees' Benefits Program	775-684-7000 800-326-5496	www.pebp.state.nv.us
PPO Medical, Dental, Vision	HealthSCOPE Benefits	888-763-8232	www.healthSCOPEbenefits.com
PPO In-State Network	Hometown Health & Sierra Health-Care Options	800-336-0123	www.pebpstatewideppo.com
PPO Out-of-State Network	Beech Street	800-432-1776	www.beechstreet.com
PPO Pharmacy Plan	Catalyst Rx	800-799-1012	www.catalystrx.com
PPO Utilization Management	APS Healthcare	888-323-1461	www.apshealthcare.com
Live Well, Be Well Prevention Plan Diabetes Care Management	U.S. Preventive Medicine	877-800-8144	http://nevadapebp.thepreventionplan.com/
HMO Northern Nevada	Hometown Health	775-982-3232	http://stateofnv.hometownhealthplan.com
HMO Southern Nevada	Health Plan of Nevada	702-242-7300	http://stateofnv.healthplanofnevada.com
PPO/HMO Dental	Diversified Dental Services	775-337-1180 702-869-6200	www.ddspgo.com